CLAIMS

- 1. A buckle assembly for securing and adjusting a strap, comprising:
- a frame having an exterior border and an interior border, the interior border having opposed regions; and
- a pivotable member pivotably attached to two opposed portions of the interior border, the pivotable member having a longitudinal axis and being adapted to attach to a strap along the longitudinal axis.
- 2. The buckle assembly of claim 1 wherein a strap is attached to the pivotable member along the longitudinal axis.
- 3. The buckle assembly of claim 1 wherein the pivotable member is selectively detachable.
 - 4. The buckle assembly of claim 1 wherein the strap is elastic.
- 5. The buckle assembly of claim 1, further comprising a flange on the exterior border of the frame, the flange being located along a region of the exterior border generally parallel to the longitudinal axis of the pivotable member.
 - 6. A goggle assembly for securing goggles during use, comprising: goggles having a first lateral side and an opposing second lateral side; a first strap attached to the first side of the goggles;
- a second strap having a first end and a second end, the first end being attached to the second lateral side of the goggles; and
- a buckle assembly attached to the second end of the second strap, the buckle assembly including:

- a frame having an exterior border and an interior border, the interior border having opposed regions;
- a pivotable member pivotably attached to two opposed portions of the interior border, the pivotable member having a longitudinal axis; and the second end of the second strap attached to the pivotable member along the longitudinal axis.
- 7. The buckle assembly of claim 6 wherein the pivotable member is selectively detachable.
 - 8. The buckle assembly of claim 6 wherein at least one strap is elastic.
- 9. The buckle assembly of claim 6, further comprising a flange on the exterior border of the frame, the flange being located along a region of the exterior border generally parallel to the longitudinal axis of the pivotable member.
- 10. A goggle assembly for securing and lengthening an associated strap, comprising:

goggles having a first lateral side and an opposing second lateral side;

- a first strap having a first end and a second end, the first end being attached to the first lateral side of the goggles;
- a buckle assembly attached to the second end of the first strap, the buckle assembly including:
 - a frame having an exterior border and an interior border, the interior border having opposed regions;
 - a pivotable member pivotably attached to two opposed portions of the interior border, the pivotable member having a longitudinal axis; and the second end of the first strap attached to the pivotable member along the longitudinal axis;

a second strap having a first and second end, the first end being attached to the second lateral side of the goggles and the second end being adapted to be selectively engageable with the buckle assembly or attached to a third strap; and

a third strap having a first and second end, the first end being attached to the second end of the second strap and the second end adapted to be engageable with the buckle assembly.

- 11. The buckle assembly of claim 10 wherein the pivotable member is selectively detachable.
 - 12. The buckle assembly of claim 10 wherein at least one strap is elastic.
- 13. The buckle assembly of claim 10, further comprising a flange on the exterior border of the frame, the flange being located along a region of the exterior border generally parallel to the longitudinal axis of the pivotable member.
- 14. A goggle assembly for securing and lengthening an associated strap, comprising:

goggles having a first lateral side and an opposing second lateral side;

- a first strap having a first end and a second end, the first end being attached to the first lateral side of the goggles;
- a first buckle assembly attached to the second end of the first strap, the buckle assembly including:
 - a frame having an exterior border and an interior border, the interior border having opposed regions;
 - a pivotable member pivotably attached to two opposed portions of the interior border, the pivotable member having a longitudinal axis; and the second end of the first strap attached to the pivotable member along the longitudinal axis;

a second strap having a first and second end, the first end being attached to the second lateral side of the goggles; and

a second buckle assembly attached to the second end of the second strap, the buckle assembly including:

- a frame having an exterior border and an interior border, the interior border having opposed regions; and
- a pivotable member pivotably attached to two opposed portions of the interior border, the pivotable member having a longitudinal axis; and the second end of the second strap attached to the pivotable member along the longitudinal axis.
- 15. The goggle assembly of claim 14 wherein the first strap forms a first loop through the first buckle assembly and the second strap forms a second loop through the second buckle assembly and further comprising a strap-lengthening member having first and second opposed ends connected to the first loop at the first opposed end and connected to the second loop at the second opposed end.
- 16. The goggle assembly of claim 14 wherein at least one buckle assembly includes a pivotable member that is selectively detachable.
 - 17. The goggle assembly of claim 14 wherein at least one strap is elastic.
- 18. The goggle assembly of claim 14 wherein at least one buckle assembly comprises a flange on the exterior border of the frame, the flange being located along a region of the exterior border generally parallel to the longitudinal axis of the pivotable member.
- 19. A method for replacing a strap associated with a pivotable buckle assembly, comprising:

providing a strap and pivotable buckle assembly, the pivotable buckle assembly including a frame having an interior border and a pivotable member, the strap being attached to the pivotable member, the pivotable member being pivotably mounted within the interior border of the frame in a first frame position;

applying a releasing force on opposing sides of the frame to flex the frame into a second frame position, the pivotable member not being attached to the frame in the second frame position; and

removing the pivotable member and strap assembly from the frame.

- 20. The method of claim 19 wherein the frame is rectangular.
- 21. The method of claim 19 wherein:

the pivotable member has a longitudinal axis; and

applying a releasing force comprises compressing the frame in two opposing directions perpendicular to the longitudinal axis of the pivotable member.